

Senate Concurrent Resolution No. 94

RESOLUTION CHAPTER 39

Senate Concurrent Resolution No. 94—Relative to Cook With Your Kids Day.

[Filed with Secretary of State May 14, 2008.]

LEGISLATIVE COUNSEL'S DIGEST

SCR 94, Maldonado. Cook With Your Kids Day.

This measure would recognize the 2nd Saturday in May as “Cook With Your Kids Day” in order to encourage parents and children to spend time in the kitchen together and prepare a healthy meal. This measure would also encourage parents to cook with their kids at least once per week, spend quality time and make healthy food choices with their kids, commit to new healthy habits, and set achievable goals for their family.

WHEREAS, Our children are California’s most precious and joyful responsibility, and we are obligated to do all we can to make the good health of our children our number one goal; and

WHEREAS, Childhood obesity is considered by many to be an epidemic in western countries, particularly in the United States where over 15 percent of children are currently considered obese and where that number is increasing; and

WHEREAS, Overweight children can develop serious health problems, such as diabetes and heart disease, often carrying these conditions into adulthood as an obese adult. Overweight children are at higher risk for developing Type 2 diabetes, metabolic syndrome, high blood pressure, asthma and other respiratory problems, sleep disorders, liver disease, eating disorders, and skin infections; and

WHEREAS, Research shows that children are more open to tasting new foods they help prepare; and

WHEREAS, Children who help their parents shop for groceries and help prepare the food they buy are empowered to make decisions about what they eat and are more likely to choose healthier foods; and

WHEREAS, Children who help their parents shop for groceries and help prepare their own food are more connected with the agricultural system that produced their food; and

WHEREAS, Most children do not shop for the family’s groceries. Indeed, parents are responsible for putting healthy foods in the kitchen at home and leaving unhealthy foods at the store; and

WHEREAS, Children who are connected with their food supply at a young age become more conscious consumers as adults; and

WHEREAS, When buying groceries, parents can share with children the benefits of healthy snacks and the importance of choosing fruits and vegetables over convenience foods that are high in sugar and fat; and

WHEREAS, Studies show that parents' presence at mealtime leads to kids eating healthier meals. In terms of preventing obesity, it is important to understand that the example parents give their children will influence what they eat; and

WHEREAS, When children have a reward to work toward, they are more likely to succeed and the best reward a child can be given is time with their parents; and

WHEREAS, The best way to get children on board with a new and active lifestyle is for parents to commit to the changes themselves; and

WHEREAS, Making changes can be challenging, especially when families today juggle busy schedules, time and money constraints, and other stressors and demands from daily living, but if families work together and support each other's efforts, success is more likely; and

WHEREAS, Children cannot change their exercise and eating habits themselves. Children need the help and support of their families and caregivers, which is why successful prevention and treatment of childhood obesity starts at home; and

WHEREAS, Families work hard toward healthy habits and behaviors to create a happy home environment and support these efforts by serving fruits and vegetables with meals and removing high-calorie and high-fat foods from the home and buying them only occasionally; and

WHEREAS, Once the changes are incorporated into a family's everyday life, the children will be well on their way to maintaining a healthy weight and improving their overall health; and

WHEREAS, Parents and children should select recipes and preparation methods that are lower in fat, put colorful food on the table, such as green and yellow vegetables, fruits of various colors, and whole-grain breads, and refrain from eating in front of the television or computer, which fosters mindless munching; and

WHEREAS, Experts say that if families gathered around the dinner table more often and made sharing news and telling stories an event, it would provide benefits to children, such as improved academic performance and higher self-esteem; and

WHEREAS, As the breadbasket of the world, California agriculture produces 41 percent of the nation's specialty crops, such as fruits, vegetables, and tree nuts, so there is an abundance of healthy produce available to California families; and

WHEREAS, Celebrity Chef Guy Fieri of the Food Network, and other celebrity chefs, have helped to make cooking with kids a fun and healthy family activity; now, therefore, be it

Resolved by the Senate of the State of California, the Assembly thereof concurring, That the Legislature recognizes the second Saturday in May as "Cook With Your Kids Day" in order to encourage parents and children to

spend time in the kitchen together and prepare a healthy meal; and be it further

Resolved, That parents are encouraged to cook with their kids at least once per week, spend quality time and make healthy food choices with their kids, commit to new healthy habits, and set achievable goals for their family; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.

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